

	Grade 8 Boys - Stage 1 Run	2008/2009		Grade 8 Boys - Stage 2 Run	2008/2009
	Name	Time		Name	Time
1	Jake Kearns	3:30	1		
2	Cody Nguyen	3:31	2		
3	Shareef Morrow	3:36	3		
4	William Thammavong	3:36	4		
5	Ibrahim Shikh-Hussin	3:40	5		
6	James Lactin	3:47	6		
7	Sameer Markas	3:47	7		
8	Ronne Aguilar	3:50	8		
9	Marco Brum	5:52	9		
10			10		
	Grade 8 Boys - Stage 3 Run	2008/2009		Grade 8 Boys - Stage 4 Run	2008/2009
	Name	Time		Name	Time
1			1		
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	Grade 8 Boys - Stage 5 Run	2008/2009		Grade 8 Boys - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
1			1	Sameer Markas	42
2			2	James Lactin	40
3			3	Cody Nguyen	39
4			4	Will Ward	33
5			5	Jake Kearns	32
6			6	Steevan Khushaba	31
7			7	Maxwell Livingstone	30
8			8	Mark Batin	30
9			9	Bryce Lazar	29
10			10	Ibrahim Shikh-Hussin	29
	Grade 8 Boys - Sit ups - 1 min	2008/2009		Grade 8 Boys - Chin ups	2008/2009
	Name	Number		Name	Number
1	Sameer Markas	45	1		
2	Maxwell Livingstone	44	2		
3	Cody Nguyen	40	3		
4	Ibrahim Shikh-Hussin	35	4		
5	Mark Batin	34	5		
6	Bryce Lazar	33	6		
7	Steevan Khushaba	33	7		
8	James Lactin	33	8		
9	William Thammavong	32	9		
10	Will Ward	32	10		

	Grade 8 Girls - Stage 1 Run	2008/2009			Grade 8 Girls - Stage 2 Run	2008/2009
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>
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10				10		
	Grade 8 Girls - Stage 3 Run	2008/2009			Grade 8 Girls - Stage 4 Run	2008/2009
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>
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10				10		
	Grade 8 Girls - Stage 5 Run	2008/2009			Grade 8 Girls - Push ups - 1 min	2008/2009
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Number</u>
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9				9		
10				10		
	Grade 8 Girls - Sit ups - 1 min	2008/2009			Grade 8 Girls - Chin ups	2008/2009
	<u>Name</u>	<u>Number</u>			<u>Name</u>	<u>Number</u>
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	Grade 9 Boys - Stage 1 Run	2008/2009		Grade 9 Boys - Stage 2 Run	2008/2009
	Name	Time		Name	Time
1	Josiah Friesen	4:40	1		
2	Nick Brown	5:02	2		
3	David Kim	5:28	3		
4	Aaron Sarcos	5:33	4		
5			5		
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	Grade 9 Boys - Stage 3 Run	2008/2009		Grade 9 Boys - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 9 Boys - Stage 5 Run	2008/2009		Grade 9 Boys - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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	Grade 9 Boys - Sit ups - 1 min	2008/2009		Grade 9 Boys - Chin ups	2008/2009
	Name	Number		Name	Number
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	Grade 9 Girls - Stage 1 Run	2008/2009		Grade 9 Girls - Stage 2 Run	2008/2009
	Name	Time		Name	Time
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	Grade 9 Girls - Stage 3 Run	2008/2009		Grade 9 Girls - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 9 Girls - Stage 5 Run	2008/2009		Grade 9 Girls - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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	Grade 9 Girls - Sit ups - 1 min	2008/2009		Grade 9 Girls - Chin ups	2008/2009
	Name	Number		Name	Number
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	Grade 10 Boys - Stage 1 Run	2008/2009		Grade 10 Boys - Stage 2 Run	2008/2009
	Name	Time		Name	Time
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9			9		
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	Grade 10 Boys - Stage 3 Run	2008/2009		Grade 10 Boys - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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9			9		
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	Grade 10 Boys - Stage 5 Run	2008/2009		Grade 10 Boys - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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	Grade 10 Boys - Sit ups - 1 min	2008/2009		Grade 10 Boys - Chin ups	2008/2009
	Name	Number		Name	Number
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	Grade 10 Girls - Stage 1 Run	2008/2009		Grade 10 Girls - Stage 2 Run	2008/2009
	Name	Time		Name	Time
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	Grade 10 Girls - Stage 3 Run	2008/2009		Grade 10 Girls - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 10 Girls - Stage 5 Run	2008/2009		Grade 10 Girls - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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	Grade 10 Girls - Sit ups - 1 min	2008/2009		Grade 10 Girls - Chin ups	2008/2009
	Name	Number		Name	Number
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	Grade 11 Boys - Stage 1 Run	2008/2009		Grade 11 Boys - Stage 2 Run	2008/2009
	Name	Time		Name	Time
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9			9		
10			10		
	Grade 11 Boys - Stage 3 Run	2008/2009		Grade 11 Boys - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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9			9		
10			10		
	Grade 11 Boys - Stage 5 Run	2008/2009		Grade 11 Boys - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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10			10		
	Grade 11 Boys - Sit ups - 1 min	2008/2009		Grade 11 Boys - Chin ups	2008/2009
	Name	Number		Name	Number
1	Milode Khwaja	65	1		
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	Grade 11 Girls - Stage 1 Run	2008/2009		Grade 11 Girls - Stage 2 Run	2008/2009
	Name	Time		Name	Time
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	Grade 11 Girls - Stage 3 Run	2008/2009		Grade 11 Girls - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 11 Girls - Stage 5 Run	2008/2009		Grade 11 Girls - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
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	Grade 11 Girls - Sit ups - 1 min	2008/2009		Grade 11 Girls - Chin ups	2008/2009
	Name	Number		Name	Number
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	Grade 12 Boys - Stage 1 Run	2008/2009		Grade 12 Boys - Stage 2 Run	2008/2009
	Name	Time		Name	Time
1	David Sevdianishvili	3:13	1	David Sevdianishvili	4:12:00
2	Leon Chahine	3:19	2	Leon Chahine	4:21:00
3	Daniel Otchere	3:23	3	Daniel Otchere	4:24:00
4	Prince Ogunniyi	3:27	4	Prince Ogunniyi	4:29:00
5	Kelvin Gonzales	3:28	5	Kelvin Gonzales	4:48:00
6	Alexis Maliksi	3:29	6	Cole Pollock	4:54:00
7	Nick Vigner	3:44	7	Jay Bulahan	5:00:00
8	Alex Gybels	3:48	8	Nick Vigner	5:12:00
9	Kyle Anderson	3:57	9	Alvin Gutierrez	5:25:00
10	Alvin Gutierrez	3:59	10	Adam Smith	5:31:00
	Grade 12 Boys - Stage 3 Run	2008/2009		Grade 12 Boys - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 12 Boys - Stage 5 Run	2008/2009		Grade 12 Boys - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
1			1	Leon Chahine	60
2			2	Jay Bulahan	54
3			3	David Sevdianishvili	49
4			4	Alex Gybels	48
5			5	Nick Vigner	41
6			6	Jason Ko	40
7			7	Kyle Anderson	36
8			8	Kelvin Gonzales	36
9			9	Adam Smith	33
10			10	Daniel Otchere	30
	Grade 12 Boys - Sit ups - 1 min	2008/2009		Grade 12 Boys - Chin ups	2008/2009
	Name	Number		Name	Number
1	Josh Beattie	68	1	Leon Chahine	15
2	Prince Ogunniyi	60	2	Nick Vigner	14
3	David Sevdianishvili	56	3	Jay Bulahan	10
4	Nick Vigner	53	4	Alexis	9
5	Adam Smith	53	5	Daniel Otchere	8
6	Kyle Anderson	52	6	Prince Ogunniyi	7
7	Kelvin Gonzales	52	7	Alex Gybels	6
8	Daniel Otchere	50	8	Adam Smith	5
9	Alex Gybels	48	9	Kelvin Gonzales	3
10	Leon Chahine	40	10	Ahmed Warsame	1

	Grade 12 Girls - Stage 1 Run	2008/2009		Grade 12 Girls - Stage 2 Run	2008/2009
	Name	Time		Name	Time
1	Gina Carpenter	3:20	1	Gina Carpenter	4:31
2	Dana Grebenski	3:53	2	Dana Grebenski	4:57
3	Katrin Licas	4:13	3	Katrin Licas	5:40
4	Patricia Buenaventura	4:40	4	Patricia Buenaventura	5:45
5	Joanne Miyaoka	4:44	5	Joanne Miyaoka	7:11
6	Samantha Molloy	5:06	6	Samantha Molloy	7:40
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10			10		
	Grade 12 Girls - Stage 3 Run	2008/2009		Grade 12 Girls - Stage 4 Run	2008/2009
	Name	Time		Name	Time
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	Grade 12 Girls - Stage 5 Run	2008/2009		Grade 12 Girls - Push ups - 1 min	2008/2009
	Name	Time		Name	Number
1			1	Gina Carpenter	53
2			2	Samantha Molloy	20
3			3	Joanne Miyaoka	19
4			4	Dana Grebenski	15
5			5	Joanne Floreza	13
6			6	Katrin Licas	11
7			7	Patricia Buenaventura	5
8			8		
9			9		
10			10		
	Grade 12 Girls - Sit ups - 1 min	2008/2009		Grade 12 Girls - Chin ups	2008/2009
	Name	Number		Name	Number
1	Gina Carpenter	52	1		
2	Dana Grebenski	51	2		
3	Joanne Floreza	41	3		
4	Katrin Licas	39	4		
5	Samantha Molloy	33	5		
6	Patricia Buenaventura	27	6		
7	Joanne Miyaoka	20	7		
8			8		
9			9		
10			10		